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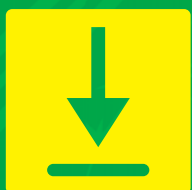
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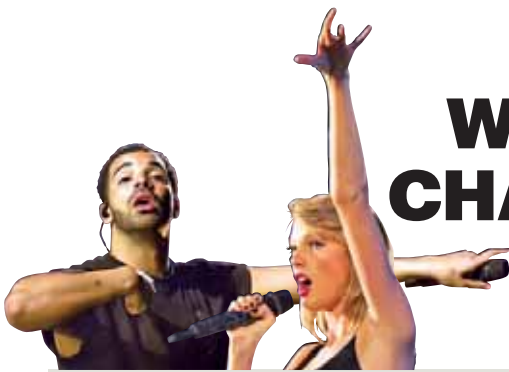
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**Project Watch reaction sees government
block use of several motels**

Story in **metroNEWS**

Council accused of favouring cars

INFRASTRUCTURE

**Councillor says
cheaper bike
projects take
more debate**



Helen Pike
Metro | Calgary

A tale of two transportation infrastructure projects, both controversial in nature, reveals figures one city councillor believes demonstrates the city's affinity to fund car-driven projects "without thinking about it" while scrutinizing bike-related proposals nearly to death.

Metro ran the numbers, with help from the City of Calgary, and found that, although the Airport Tunnel has three times the daily traffic counts, it cost 45 times more than its also-controversial cousin, the Centre City Cycle Track Network.

Coun. Jim Stevenson, who

voted against the cycle-track pilot but was a big supporter of the tunnel, was not surprised by the outcome.

"The Airport Tunnel was built for the future. It's not built for now — we don't even need it now," Stevenson said.

"I actually would have been happy with getting it built, blocking it off and not using it, because all we've got so far is the ability to go through the tunnel to 36 Street."

He added the tunnel will be full of daily users in about 10 years' time, when the route eventually extends to Stoney Trail and developing communities surrounding it are complete.

said it was silly how much time and energy council spent in debate leading up to the approval of the pilot project, given its relatively meagre price tag.

Pincott noted much pricier projects like roads and interchanges for cars see far less deliberation at council.

"When it comes to something else like transit, or even pedestrians, we get into a big, big debate about a few million dollars ... when it is so cost-effective," he said.

Coun. Gian-Carlo Carra said the comparison was apples to oranges, but noted that it's "no joke that automobile infrastructure is way more expensive."



**We get into a big big debate
about a few million dollars ...
when it is so cost-effective.**

Coun. Brian Pincott

Coun. Brian Pincott, by contrast, described the number of cyclists already using the cycle-track network as impressive and

"On the whole I think it's way, way more cost-effective if we could somehow find a way to move more of us by bicycle."

\$295M

Airport Tunnel: 13,000
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\$6.5M

Cycle track: 4,448
bikes per day

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IN BRIEF

Nexen discovers dead duck at pipeline spill site
Nexen Energy has issued a news release saying it has found a dead duck at the site of a pipeline spill in northern Alberta.

Nexen says it believes the duck died before the company put fences, wildlife cannons and other deterrents in place.

About five million litres of bitumen, sand and produced water leaked from the pipeline near Fort McMurray last Wednesday.

Nexen says it regrets the spill and adds it remains committed to minimizing its impact on the environment.

More than 1,600 ducks died after they landed on a toxic Syncrude tailings pond in northern Alberta in 2008. The company was fined \$3 million.

THE CANADIAN PRESS

RCMP arrest man believed to be behind exposure acts

The Okotoks RCMP have a man in custody they believe is behind several indecent-exposure incidents in which he allegedly exposed his genitals to young girls in public. The man is being charged with eight counts of indecent exposure and seven counts of causing disturbances. The offences happened between June 19 and July 14 in the Drake Landing area.

The 36-year-old made his first court appearance in Calgary on Monday. His name is not being released at this time, as it may identify the young people involved, police said. METRO

Bebe store refuses to give woman dress

RETAIL

Buyer's bank statement shows she paid for the garment

Lucie Edwardson
For Metro | Calgary

All Belinda Morrison wanted was to buy a dress to wear to her birthday party; instead, she got a whole lot of drama.

After paying for the dress at the Bebe store in Chinook Centre, Morrison said, employees told her the debit system had crashed and her transaction had not been completed.

"I told her the machine said approved, and the girl said, 'No you didn't pay for it.'"

According to Morrison, the employee then asked her to pay again.

"Something just wasn't right, so I pulled up my TD app, and there it was, Bebe, for the price of the dress," she said.

Morrison said the store manager told her the transaction wasn't in their system and refused to let her take the dress.

Metro went to the store Monday seeking comment and the manager refused an interview. After leaving several messages with the Bebe head office, Metro was told they would be referred to their legal team. No one from



Belinda Morrison holds up her bank statements indicating she had spent \$168 at Bebe for a dress she wanted to wear for her birthday. LUCIE EDWARDSON / METRO

Bebe responded by press time. Upset and confused, Morrison went to her bank.

There, she printed off copies of her statement, which she has provided to Metro, indicating that \$168 had been spent that day at Bebe.

"The teller told me that there was no way the bank would refund me," she said.

Morrison returned to the store with her printed bank statement to show the manager. She said the manager still refused to let her take the dress.

Feeling cheated and disre-



There is only one Bebe store left in Calgary, and now we know why.

Belinda Morrison

spected, Morrison said she left the store without the dress. When she returned home she wrote about her experience on her Facebook page where it was shared more than 150 times.

According to Morrison, a Bebe

district manager called her Monday afternoon and told her she was "making the employees at the store upset" with her pursuit of the issue and that someone would call her later Monday night.

Morrison said although she's upset she didn't get the dress, she is more upset about how the situation was being handled.

"I am a business owner and if this was my company somebody would have called me right away," she said. "It isn't even really about the dress, it is about how I was treated."

CRIME

Police charge teen with murder

Calgary police have charged a male youth in connection to a weekend homicide investigation.

The youth is in custody, charged with second-degree murder, and cannot be identified under provisions of the Youth Criminal Justice Act. There is an 18-year-old also in custody who is being interviewed.

On Sunday at approximately 1:30 a.m., officers responded to a "man in medical distress" in the 4000 block of 19th Street N.W. and found an 18-year-old suffering from serious injuries. He was transported to hospital, where he died a short time later.

The apartment is in a building that's home to the McMan Youth Family and Community Association, which runs a transitional housing program for at-risk youth.

McMan released a statement Monday afternoon, saying they were "surprised and saddened."

"While this incident is an anomaly, our organization will examine all processes and procedures related to our residence," said Soraya Saliba, executive director of McMan, in the release.

Colton Pilling lives above the apartment where the altercation took place and said police had been at the apartment complex "before for fights and things but nothing like this."

An autopsy is scheduled for Tuesday, at which time the identity of the victim will be officially released.

LUCIE EDWARDSON/FOR METRO

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STANDARD & POOR'S

City's credit rating maintained at AA+

Calgary's credit rating has been re-affirmed as "AA+" by Standard & Poor's, a decision the ratings service said is based on the city's "exceptional liquidity position" and "very strong" financial management.

Mayor Naheed Nenshi welcomed the rating stability as "good news" for the city.

"It really highlights the fact that we're very, very thoughtful and prudent in terms of how we manage our budget," the

mayor said. "We never run an operating deficit. We only take on long-term debt when there is a source to pay back that debt which is not the property tax base. I think these are the right things to do."

In its rationale for the credit rating, Standard & Poor's cites "what we view as good political and managerial strength" within the City of Calgary.

"In our opinion, Calgary's financial management is very

strong," the rationale document states. "The management team is what we consider experienced and qualified to effectively enact fiscal policies, as well as effectively respond to external risks."

Standard & Poor's adds that "Calgary maintains an exceptional liquidity position," which, in its "base-case scenario" estimate, includes free cash and liquid assets averaging about \$2.4 billion in 2015, enough to cover more than four times

the city's projected debt service for 2016.

"We expect liquidity levels to remain healthy and debt service coverage of well above 100% in the next two years," the rationale document states.

Calgary's chief financial officer Eric Sawyer said the rating helps the city in its future borrowing but also provides a "performance measure" of sorts for the city, as well.

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Coun. Ray Jones says he's hearing growing concerns from residents in his northeast Ward 5 about gun violence in the area. ROBSON FLETCHER/METRO FILE

Residents worried over gun violence

NORTHEAST CALGARY

Mayor Nenshi expects 'an end to this, soon'



Robson Fletcher
Metro | Calgary

Ongoing gun violence in several Calgary neighbourhoods has residents increasingly concerned, says a northeast city councillor, but Mayor Naheed Nenshi says he believes police have the problem under control.

Ward 5 Coun. Ray Jones said Monday his office has been receiving a growing number of calls from residents worried about a series of recent incidents involving gunfire. In one of the most recent cases, two men were shot inside a vehicle, one fatally.

Jones said his constituents are becoming unsettled.

"They realize they're targeted shootings, but there's very little information that can come from the police because of an ongoing investigation," he said during Monday's city council meeting.

"But, because of the severity of what's being happening, at some point in time we know there's going to be a random bullet that's going to go and it's going to hit an innocent bystander."

Nenshi said he has been briefed by the police chief on the situation and, while he's limited in what he can say publicly about their operations to counter the surge in shootings, he has faith they are on top of things.

"It is very true that these are targeted and they are part of an ongoing investigation on — and, you see, I have to be careful — on a particular criminal matter. It's not too hard to figure out what I'm talking about," the mayor said. "However, I'm very confident that our police service, having been through what happened in '05, '06, '07, '08, and having broken the back of that kind of gang activity, knows exactly what they're doing."

Nenshi acknowledged that may come as "cold comfort" to the people who live in the neighbourhoods where "these issues have been very concentrated" but added, "We should see an end to this soon."

Alleyway no place to grow spuds, couple told by city

GARDENING

Must remove potato plants in a week or face \$500 fine



Helen Pike
Metro | Calgary

For the City of Calgary, no alleyway garden is small potatoes. When a neighbour complained about a patch growing on a mound of dirt against Greg Mattern's back fence, bylaw officers gave him seven days to uproot the garden.

Mattern said he's been growing his potato plants on a small strip of land right behind his property, against a red fence, facing the alleyway for about five years with no previous problems.

"It's not into the alley — it's two feet from the fence," Mattern said. "It's never been bothered with by anybody before."

The garden gives them four or five potatoes per plant. He said they don't have the plants in their yard because there's no space with the flowers and lawn, so he plants them in the alley. Mattern added it's not close to the road and doesn't obstruct garbage pickup.

But when he and his wife returned from a recent vacation, a letter from the city shortened their already brief harvesting season with a notice to remove the garden.

The letter noted the potato patch was outside of their private property and in violation of the city street bylaw's sec-



Lisa and Greg Mattern are upset the city has requested that they remove their potato plants. JEREMY SIMES/FOR METRO

tions 17.4 and 18.1.

According to the city, a bylaw officer responded to a "citizen complaint" about the garden. The officer attended the home on July 16 and found the dirt from an alleyway potato garden was obstructing the road and there were concerns the root system may impact the street.

"There is no bylaw pro-

hibiting the growth of plants in the area along a private property back fence, as long as the plants are on private property and do not interfere with the street," reads a statement from the city's community and professional services department.

"No person shall place, dispose, direct or allow to be placed, directed, or disposed, any Material belonging to that

person or over which that person exercises control on a portion of a Street unless authorized to do so."

Mattern said many of his neighbours have weeds growing in the alley and said he has never received a complaint from neighbours before.

"There are maybe four, five or six people with little gardens in the back, maybe flowers or

rhubarb plant," Mattern said. "People have weeds up past your knees."

If he doesn't comply, he will face a \$500 fine.

"This would not happen anywhere else ... it would be different if it's overrun," Mattern said, adding he wishes the order could be extended until his potatoes were ready to be harvested.

SOUTH GLENMORE PARK

Summer work queried



Robson Fletcher
Metro | Calgary

As Calgary reopened a popular spray park over the weekend, one city councillor questioned why construction work takes place at all during the summer, when there's such a small window of hot weather for people to use the facilities.

"We have splash parks around the city that are well loved and well used," Coun. Druh Farrell said.

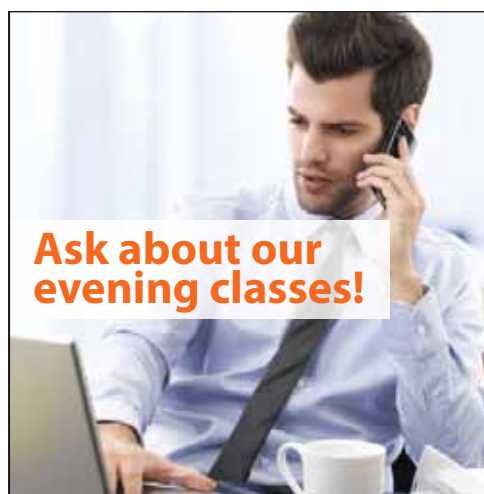
"With such a short summer, and the awareness that our splash parks and outdoor pools are only open for two months of the year, why would we start construction on so many of them in the middle of July? They're down and unavailable for use for at least a month and communities are quite concerned."

Her comments during Monday's council meeting came as the city announced the reopening of the newly redeveloped Variety Spray Park in South Glenmore Park.

"We redesigned the spray park to improve both water efficiency and the experience of park visitors," parks manager Greg Shymanski said in a release. "Families and kids of all ages will have fun cooling off and enjoying the brand new, nautical themed toys including a lazy river with moveable fish."

The 13-year-old spray park just underwent \$1.25 million in upgrades and reopened to the public over the weekend.

The city describes South Glenmore Park as "one of the most popular parks in the city, with over 2,500 visitors enjoying the spray park on a hot, sunny day."



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EXPLOSION

Blaze destroys house

The Calgary Fire Department battled a blaze in the city's northwest Monday morning after a propane tank exploded.

Carol Henke with the Calgary Fire Department said crews were called to the scene on 69th Street N.W. just after 10:30 a.m.

"A caller from across the street called to say that a fire had started in a truck and was beginning to spread to the house," she said.

"We have upgraded to a second alarm, and fire crews are currently on scene."

In a release sent out Monday afternoon, the Calgary Fire Department said "the fire was brought under control, and no injuries were reported."

According to the release, the fire caused extensive damage.

"The house was completely destroyed by the fire, with a nearby garage sustaining some minor heat damage," it read.

At the time of the fire, Det. Martin Taylor said police were on scene assisting fire crews with road closures.

Sarcee Trail was closed to traffic, as well as southbound 16th Avenue N.W. and northbound Bow Trail, for several hours while crews doused the blaze.

The Calgary Fire Department continues to investigate the cause and origin of the fire.

LUCIE EDWARDS/METRO



Human Services Minister Irfan Sabir says the province is working to house vulnerable families. RYAN TUMILTY/METRO

Province cuts out disgusting motels

metr EFFECT

Police found families living in squalor



Ryan Tumilty
Metro | Edmonton

The Alberta government is blacklisting several city motels and allocating more money to house vulnerable families as it continues to follow up on an Edmonton police investigation that found many of those fam-

ilies living in squalor.

Metro first reported on the police initiative, called Project Watch, in May. Police statistics showed increased crime around a cluster of motels, and officers discovered the government was booking the rooms for vulnerable families, often at a high price.

Many of the rooms were in terrible condition, with bed bugs, mice and other infestations.

Human Services Minister Irfan Sabir said his ministry is now working with several other government departments and other agencies to identify

“We have housed 54 families and we are working with another 76.”
Irfan Sabir

problem locations.

"They're working with the rest of the task force, Homeward Trust, Edmonton police, and they're trying to identify places we have deemed unsafe," he said. "We have already identified a list where we are no longer sending our clients."

The department has inspected 10 facilities; five of them have already been scratched.

Sabir said he has also reallocated \$1.2 million to Homeward Trust to help house the families.

"We have housed 54 families and we are working with another 76 of them," he said.

Sabir said the real solution to the problem is more long-term affordable social housing, which he hopes to address over the long term.

Edmonton police deputy chief Tony Harder applauded the government for addressing the problem.

CREDIT RATING

NDP takes flak over debt

Alberta's official opposition is calling out the NDP government for taking on too much debt and putting the province's credit rating at risk.

Alberta currently boasts a AAA credit rating. Wildrose MLA and finance critic Derek Fildebrandt is concerned about the swelling debt, especially in light of the NDP's behind-closed-doors authorization to borrow \$6 billion dollars.

Fildebrandt referenced a recent report from Moody's Investors Service, a credit research organization that warns Alberta's credit profile could be downgraded in the future.

"We've believed for some time there's a significant chance of a credit downgrade over the next few years if Alberta doesn't change course on its borrowing projections," Fildebrandt said.

The province fired back at Fildebrandt's characterization Tuesday.

"Mr. Fildebrandt and his colleagues need to make up their minds. On one hand, they continue to advocate for hospitals and other infrastructure projects that require capital investment. Then they want the government to make reckless cuts that would put those programs at risk," provincial finance spokeswoman Marion Nader wrote in an email.

Alberta's debt climbed by more than \$3 billion dollars in 2014-2015, going from \$8.7 billion to \$11.9 billion.

AARON CHATHA/FOR METRO

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REPORT

Redford says Tory loss not her fault

Former Alberta premier Alison Redford says in a published report that she doesn't feel it's her fault that the NDP was able to oust the Progressive Conservatives from almost 44 years in power.

Redford responded with a simple "no" when CBC News asked her during an exclusive interview whether she feels responsible for the Tories losing last spring's election.

Redford said she believes that Albertans wanted change and that they felt the best way to get it was to switch governing parties.

She also told the CBC that she finds it interesting that voters in the province have elected women in the last two elections and that it was a "surprising step" when PC leader Jim Prentice stepped

2014

Alison Redford spent 2.5 years as premier before resigning in 2014 amid scandals and caucus concerns.

down from his seat the night the Tories lost.

Spending scandals and caucus concerns about her leadership style forced Redford to resign as premier in March 2014 after 2 1/2 years in the job.

She gave up her Calgary seat about five months later and told CBC during the interview that she no longer has any ties to the Tory party — or any party.

THE CANADIAN PRESS

DISASTER

Sturgeon County declares drought

Another Alberta community has declared a state of agricultural disaster because of drought.

Sturgeon County north of Edmonton says the dry conditions are hurting the livelihood of farmers.

Last week Parkland County west of the city made a similar declaration and last month McKenzie County in northern Alberta announced a drought disaster.

Communities that make the declaration hope it will lead to financial help from the provincial and federal governments.

Leduc County south of Edmonton is to consider a disaster declaration on Tuesday and other areas in the province facing extremely

low soil moisture levels are looking at similar moves.

Sturgeon County Mayor Tom Flynn says low rainfall and hot, dry weather are combining for tough times.

"These severe drought conditions are challenging our local farmers, and by issuing this declaration we hope to increase awareness of these tough conditions producers are facing," he said Monday.

Large swaths of Alberta have experienced low rainfall since April, with many areas receiving well under 40 per cent of normal precipitation.

The drought is affecting cereals, oil seeds and hay for livestock.

THE CANADIAN PRESS



Rookie rower Peter Ebear, right, sharpens his skills at rowing practice Monday at the Calgary Rowing Club. JEREMY SIMES/FOR METRO

Local rowing club sees ranks increase

GLENMORE RESERVOIR

Club manager: Community reason for rise in popularity

He took one dip in the reservoir and was hooked.

Before being approached by a couple of convincing friends, Peter Ebear never considered rowing.

But when he arrived at the Calgary Rowing Club for his first introductory class, he said "it was a pretty cool environment."

"When I got in the water, I was sold."

Ebear isn't the only new

rookie to join the ranks at the rowing club. In fact, the club has seen about 50 more rowers lift oars this year, said club manager Amelie Schumacher.

Make no mistake, successful rowers don't miraculously grasp the sport as soon as they hit the water, Schumacher said.

"If you want to be successful in the summer, you need to be putting in the work for the winter," she said.

Boating along the Glenmore Reservoir early Monday morning, senior program coach Michael Simonson was mentoring numerous groups of rowers, shouting critiques of their techniques or applauding their skills.

Ebear had a few kinks to work out at the technical training

You kind of suffer together, but it brings the team together. Even though there is competition for some of the groups, everyone is wanting others to do well.

Peter Ebear, rookie rower

session that morning, but there's no gain without pain, he said.

"Every time I go to practice, I take away one more chip from the iceberg: to get the perfect row and technique," he said, adding it's his coach and fellow teammates who keep him coming back to the early-bird practices every week.

As it turns out, it's the rowing community that keeps the club growing, Schumacher said.

"You kind of suffer together, but it brings the team together," she said.

"Even though there is competition for some of the groups, everyone is wanting others to do well."

"There are a lot of caring personalities," Ebear added. "Everyone is showing up at 5:30 in the morning with a smile on their face."

JEREMY SIMES/FOR METRO

PAN AM GAMES

Calgary paddler brings home bronze medal in canoe slalom

Haley Daniels has made history.

On Sunday, the Calgary native paddled her way onto the podium at the PanAm games, earning a bronze medal for Canada in the first-ever canoe slalom event.

Daniel and all of her three teammates were awarded medals in their respective races, bringing home a gold, a silver and two bronzes.

This is the first time canoe slalom has been included in the games, making the Canadian National Team the first ever athletes to medal at

the Pan Am Games.

Daniels, who studies business at Mount Royal University, said that she couldn't be more excited by the results.

"It's a pretty big accomplishment," she said. "I'm pretty excited about it."

Her passion for the sport stems from her family's love for the outdoors, she said.

"My parents are big outdoor enthusiasts so I've always been involved in paddling," said Daniels.

After a family friend invited her to the national champion-

ships, Daniels said she became addicted to the rush.

"I went there as a cadet and did quite well, and from then on I have been hooked on the competition," she said.

Daniels will be returning to Calgary Tuesday for a quick pit stop before heading up to National Championships next weekend in Chilliwack, B.C. in the lead up to September's World Championships in London.

"It's going to be a lot of hard work and training, so between now and then I will be doing

some hard training in B.C.," said Daniels.

"I am really pushing for a good result in World Championships so there is a lot to do before then."

The newly-bronzed paddler said there's a secret to her success.

"Love every minute of it," she said.

"Whether it's snowing on the water or it is a sunny day, just be excited to train, excited to compete and excited to travel."

LUCIE EDWARDS/METRO



Calgary athlete Haley Daniels won bronze at the PanAm 2015 games. CONTRIBUTED

Girl with HIV in remission

HIV-AIDS

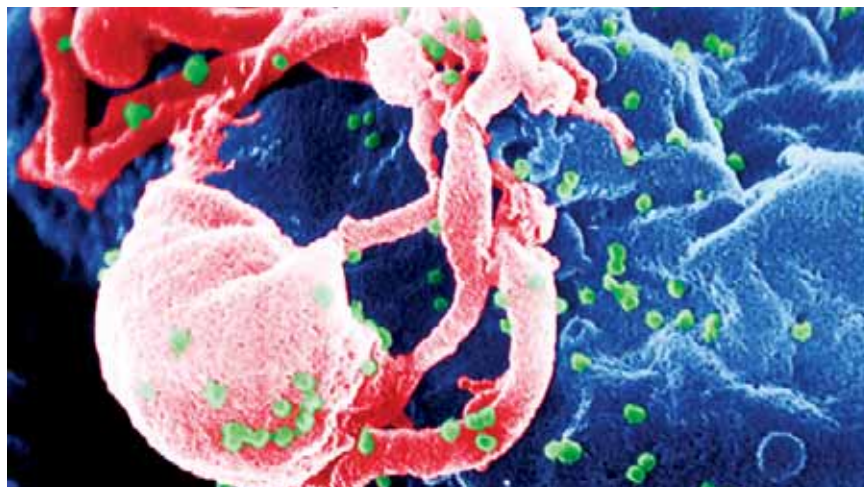
No detectable virus in blood of teen untreated in past 12 years

An 18-year-old French girl exposed at birth to HIV has been in remission for 12 years with no detectable virus in her blood — despite stopping drug treatment at the age of five, an international HIV-AIDS conference in Vancouver has been told.

The teen is among a very small number of HIV-infected people in the world who have remained free of active infection for a number of years without continuous treatment with antiretroviral drugs.

The unidentified girl was infected at the time of her birth in 1996 because of transmission from her mother, whose HIV was poorly controlled, said Dr. Asier Saez-Cirion of the Pasteur Institute in Paris.

"So the girl received a prophylactic treatment from the day she was born," Saez-Cirion



This undated photo provided by the U.S. Centers for Disease Control and Prevention shows a scanning electron micrograph of multiple round bumps of the HIV-1 virus on a cell surface.

CYNTHIA GOLDSMITH/CENTERS FOR DISEASE CONTROL AND PREVENTION VIA THE ASSOCIATED PRESS

“We don’t know whether she will need (treatment) in the future.”

Dr. Asier Saez-Cirion

infected — for six weeks, after which “her viral load went up to very high levels,” he said.

At three months of age, doctors put the girl on antiretroviral drugs, which stop HIV from replicating in the cells and eventually progressing to AIDS.

She remained on those medications until about age 5-1/2. Saez-Cirion said it’s not known why the family halted the girl’s treatment.

The child returned to the clinic after being off antiretrovirals for a full year and doctors were surprised to find there were no signs of HIV in her blood.

“This girl has been able to maintain virus control for 12 years now. So for 12 years, she has been in remission from infection,” Saez-Cirion said.

He said the French teen represents the longest period a child has gone without treatment with no detectable HIV levels in the blood, although testing has shown she does harbour HIV DNA in her cells — what’s known as a reservoir of the virus.

“However, another thing that needs to be perfectly clear is that this girl is not cured,” stressed Saez-Cirion.

“The virus is still there, but her remission means that she hasn’t needed treatment for many years.

“But we don’t know whether she will need it in the future.”

THE CANADIAN PRESS

POT PROTEST

Truck rams five cruisers



Colin Fast
Metro | Winnipeg

Outside Winnipeg police headquarters was like a scene from Grand Theft Auto Monday as a moving truck with the words “Bill Murray” on the side deliberately rammed five police cruisers parked on the street, while a nearby group of pot protesters blazed up in public.

The chaos unfolded shortly after 11 a.m. in front of the Public Safety Building, when witness Tim Jaskow said a three-ton white moving truck pulled alongside a row of police cars on Princess Street and



His stupidity probably gave him away.

Scott Stroh

drove back and forth three times to smash the vehicles.

“At first I thought he was making a delivery and maybe made a mistake, and then I thought he was nuts,” Jaskow said.

The truck sped off and was later followed by several police vehicles westward along the Trans-Canada Highway beyond Portage La Prairie.

Winnipegger Scott Stroh said he was driving in Headingley when the truck came up behind him, driving erratically.

Stroh said he moved over to let the truck pass, and a few seconds later, a WPS vehicle, an unmarked vehicle and an RCMP cruiser began the chase.

“At that time, they didn’t necessarily know where he was. His stupidity probably gave him away,” said Stroh. “You get lost in trucks in Headingley.”

The suspect evaded spike belts before RCMP were successful in stopping the truck with another spike belt. One man was arrested. Winnipeg police have not identified him, but a reliable source identified him to Metro Winnipeg as Wayne Rennie, 24.

The “Bill Murray” reference appeared to be for a business in Oakbank, Man. It was not immediately clear if the truck was stolen. A person answering the phone at the number on the truck said no one by that name was there.

The incident disrupted a “smoke-in” held in front of the PSB by supporters of Your Medical Cannabis Headquarters on Main Street.

WITH FILES FROM CANADIAN PRESS

POLITICS

Minister slammed for logo shirt

Pierre Poilievre’s decision to wear a Conservative Party golf shirt during an announcement Monday on the rollout of increased child care benefits payments is being criticized by the opposition as an attempt to put a party brand on public money.

The employment minister donned the blue shirt with the party crest in Halifax as he kicked off a national effort to tout \$3 billion in benefit payments being sent out to families.

Since 2006, the government

has handed out monthly payments of \$100 for every child in Canada under age six. As of Monday, the payment rises to \$160 a month, and children age six to 17 earn their parents \$60 per month.

NDP Treasury Board critic Mathieu Ravignat — whose party is arguing the money would be better spent on a national child care program — says it’s not appropriate for Poilievre to wear party logos while announcing funding approved by Parliament.

“He was speaking about the policy while wearing the shirt. There was a clear attempt to brand the Conservative Party by wearing this shirt and that’s ethically unacceptable,” Ravignat said in a phone interview.

Liberal MP Adam Vaughan, the party critic for Housing and Urban Affairs, cited a 2010 ruling by the Conflict of Interest and Ethics Commissioner that criticized the use of Conservative party logos on cheques during federal announcements.

THE CANADIAN PRESS



Pierre Poilievre in Conservative Party logo golf shirt. THE CANADIAN PRESS/HANDOUT/ANDREW PINSENT, NEWS 95.7 (CJMI HALIFAX)

IN BRIEF

Petition urges all parties to back commission findings

A petition that calls on all political parties to incorporate the recommendations of the Truth and Reconciliation Commission into their election platforms has more than 1,200 signatures.

The petition, which is spearheaded by three professors at the University of Manitoba, calls on governments of all levels to recognize the harm done by aboriginal residential schools and acknowledge their “genocidal character.”

The petition notes the work that went into the commission and calls on all Canadians to reflect deeply on its findings.

The commission visited hundreds of communities and heard testimony from 7,000 residential school survivors, including graphic details of rampant sexual and physical abuse.

Its summary report contained 94 recommendations that included holding a national inquiry on missing and murdered aboriginal women. THE CANADIAN PRESS

ELECTIONS

Expats lose their vote on appeal

Allowing Canadians who have lived abroad for more than five years to vote in federal elections would be unfair to those who live in Canada, Ontario’s top court ruled Monday.

In a split decision, the Court of Appeal overturned a ruling that had restored the right of more than one million long-term expats to vote.

Canada’s “social contract” entails citizens submitting to laws because they had a voice in making them through voting, the ruling states.

“Permitting all non-resident



This would erode the social contract.

Justice George Strathy

citizens to vote would allow them to participate in making laws that affect Canadian residents on a daily basis but have little to no practical consequence for their own daily lives,” Justice George Strathy wrote for the majority court.

“This would erode the social contract and undermine the legitimacy of the laws.”

Two Canadian citizens living in the United States — Montreal-born Jamie Duong and Toronto-born Gillian Frank — launched the constitutional challenge, arguing the five-year rule was arbitrary and unreasonable.

Both argued they had only left for educational and employment opportunities and still had strong attachments to Canada and a stake in its future.

THE CANADIAN PRESS

Council endorses Iran deal

UNITED NATIONS

Israel's envoy calls vote 'a very sad day' for the world

The UN Security Council on Monday unanimously endorsed the landmark nuclear deal between Iran and six world powers, and authorized a series of measures leading to the end of UN sanctions that have hurt Iran's economy.

But the measure also provides a mechanism for UN sanctions to "snap back" into place if Iran fails to meet its obligations.

Both U.S. Ambassador Samantha Power and Iran's UN Ambassador Gholamali Khoshroo called the agreement an important achievement for diplomacy, the Iranian promising to be "resolute in fulfilling its obligations" and the American pledging to be vigilant in ensuring they are carried out.

The resolution had been agreed to by the five veto-wielding council members — who, along with Germany, negotiated the nuclear deal with Iran. It was co-sponsored by all 15 members of the Security Council.

The European Union's foreign ministers endorsed the deal later Monday in Brussels and pledged to implement it.

Under the agreement, Iran's nuclear program will be curbed for a decade in exchange for potentially hundreds of billions of dollars' worth of relief from international sanctions. Many key penalties on the Iranian economy, such as those related to the energy and financial sectors, could be lifted by the end of the year.

Iran insists its nuclear program is purely peaceful, aimed at producing nuclear energy and medical isotopes, but the United States and its Western allies believe Tehran's real goal is to build atomic weapons. U.S. President Barack Obama has stressed that all of Iran's pathways to a nuclear weapon are cut off for the duration of the agreement and Iran will remove two-thirds of its installed centrifuges and get rid of 98 per cent of its stockpile of uranium.

Britain's UN Ambassador Matthew Rycroft said "the world is now a safer place in the knowledge that Iran cannot now build a nuclear bomb."

But Israel's UN Ambassador Ron Prosor told reporters immediately after the vote that the Security Council had "awarded a great prize to the most dangerous country in the world," calling it "a very sad day" not only for Israel but the entire world.

THE ASSOCIATED PRESS



Ron Prosor, Israel's UN ambassador, addresses a news conference at the UN headquarters, Monday, after the Security Council endorsed the nuclear deal. THE ASSOCIATED PRESS

AIR CRASH

Russia tables alternative UN motion

Russia on Monday introduced a UN resolution demanding that those responsible for shooting down a Malaysia Airlines plane over Ukraine last year be brought to justice — but eliminating the international tribunal that the five countries investigating the crash are seeking to prosecute the perpetrators.

Russia said earlier this month it opposed a draft submitted by Malaysia on behalf of

the five countries that would establish an international court.

The rival Russian draft resolution expresses concern that the investigation isn't ensuring "due transparency in its organization and work methods, which may have a negative impact on its outcome."

Ukraine and the West suspect Flight MH17 was destroyed by a missile fired by Russian soldiers or Russia-backed rebels.

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A relative cries during a commemoration ceremony in Nieuwegein, Netherlands, Friday, for those killed when Malaysia Airlines Flight 17 was brought down. THE ASSOCIATED PRESS POOL

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IN BRIEF

Germany awards medals to Nazi-hunting couple

Jewish lawyer Serge Klarsfeld and his German-born wife Beate received the Order of Merit at the German embassy in Paris on Monday.

The couple spent decades hunting down Nazis who had gone into hiding after World War II, including Klaus Barbie.

Their work often embarrassed governments that had failed to apprehend former Nazis. THE ASSOCIATED PRESS

McCain says Trump should apologize to veterans

Sen. John McCain said Monday Republican presidential candidate Donald Trump doesn't need to apologize to him for remarks about his long captivity in Vietnam, but should tell veterans and their families that he's sorry. McCain said he believed it was "totally inappropriate for Mr. Trump to say he doesn't like to be with people who are captured." THE ASSOCIATED PRESS

MONSANTO

Young puts money where his mouth is

Rocker Neil Young is lending his support to Vermont's efforts to label foods containing genetically modified ingredients.

Young donated \$100,000 to a fund devoted to defending Vermont's genetically modified organism, or GMO, labeling law from legal challenges.

Vermont last year passed a law under which it's scheduled to become the first U.S. state to

require foods with altered DNA to be labeled as such. The Grocery Manufacturers of America and other industry groups are suing to block the law before its scheduled implementation date, July 1, 2016.

Young has been touring to promote a new album, The Monsanto Years, which is sharply critical of the Monsanto Co.'s role in agriculture. THE ASSOCIATED PRESS



Cuban-American Gina Gonzalez waves an American flag in front of the United States embassy in Havana, Cuba, Monday, July 20, 2015. DESMOND BOYLAN/THE ASSOCIATED PRESS

Cuban flag flies in D.C.

POLITICS

Ceremony kicks off new post-Cold War relations

Cuba's blue, red and white-starred flag was hoisted Monday at the country's embassy in Washington, signalling the start of a new post-Cold War era in U.S.-Cuba relations.

In sweltering heat and humidity, Cuban Foreign Minister Bruno Rodriguez presided over the flag-raising ceremony hours after full diplomatic relations with the United States were restored at the stroke of midnight. Earlier, without ceremony, the Cuban flag was added in the lobby of the State Department alongside those of other countries with which the U.S. has diplomatic ties.

Several hundred people gathered on the street outside the embassy, cheering as the Cuban national anthem was played and three Cuban soldiers in dress uniforms stood at the base of the flagpole and raised the flag.

But there were also signs of the sore points that continue in the U.S.-Cuba relationship. In remarks inside the embassy Rodriguez cited Cuban independence leader Jose Marti, who he noted had paid tribute to Amer-

ica's values but also warned of its "excess craving for domination."

He also slammed the U.S. for continuing to hold on to Guantanamo Bay, the U.S. naval base in Cuba where the American military prison continues to hold terror suspects. On a more conciliatory note, Rodriguez thanked President Barack Obama for taking steps to ease sanctions thus far and calling on Congress to repeal the economic embargo.

Rodriguez met in Washington with Secretary of State John Kerry, who will travel to Havana Aug. 14 to preside over a flag-raising ceremony there. Rodriguez was the first Cuban foreign minister to set foot in the State Department since 1958.

Shortly after midnight, the Cuban Interests Section in Washington switched its Twitter account to say "embassy." In Havana, the U.S. Interests Section uploaded a new profile pictures to its Facebook and Twitter accounts that said U.S. Embassy Havana.

Though normalization has taken centre stage in the U.S.-Cuba relationship, there remains a deep ideological gulf between the nations and many issues still to resolve. Among them, thorny disputes such as mutual claims for economic reparations, Havana's insistence on an end to the 53-year trade embargo and U.S. calls for Cuba to improve on human rights and democracy.

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Greeks face price hikes

ECONOMY

Banks open but cash curbs still in place

Greece set a series of landmarks Monday it hopes will shore up its battered economy following months of crisis that threatened its place in the euro.

Banks reopened after more than three weeks, and the cash-strapped country got a short-term loan from European creditors to pay more than six billion euros (about \$8.45 billion US) owed to the International Monetary Fund and the European Central Bank. Non-payment on either would have derailed Greece's recent bailout request.

Though the bank daily cash withdrawal limit stayed at 60 euros (about \$85), the government has given individuals a new weekly limit of 420 euros (about \$600) from this coming Sunday so they don't need to trudge to the ATM every day.

But for most recession-weary



An employee replaces prices with the new Value Added Tax (VAT) at a supermarket in Athens Monday. Many goods became more expensive as the first batch of austerity measures, demanded by Greece's creditors, kicked in. THE ASSOCIATED PRESS

Greeks, Monday was all about the price of goods as new tax rises demanded by creditors on everything from coffee to taxis took effect. Dimitris Chronis, who has been running a small kebab shop in central Athens for 20 years, says the new taxes could push his business

I can't put up my prices because I'll have no customers.

Dimitris Chronis, shop owner

over the edge, especially when combined with higher business taxes and meat prices. "I can't put up my prices because I'll have no customers at all," said Chronis, who said sales have slid by around 80 per cent since banking restrictions were imposed June 29.

SMARTPHONES

iPhones bucking the trend

Smartphone sales may be slowing for some tech companies, but not for Apple. Analysts expect another powerhouse performance when it reports quarterly financial results Tuesday. Apple's signature iPhones remain popular, even as other smartphone makers are seeing demand slow down.

Wall Street analysts estimate Apple will report a hefty \$10.3 billion US in profit after selling \$49 billion US worth of iPhones, iPads, Mac computers and other products during the April-June quarter. That's an increase of more than 30 per cent from a year earlier.

Apple has said it won't release sales figures for the new Apple Watch, though some analysts believe demand has fallen since Apple introduced the wearable gadget three months ago. But it almost doesn't matter: As in other quarters, Apple will reap its biggest rewards from its smartphones, especially the new, big-screen iPhone 6 and 6 Plus models introduced last fall. THE ASSOCIATED PRESS

IN BRIEF

PayPal's stock soars

PayPal shares jumped \$2.81 US, or seven per cent, to \$41.20 US on the Nasdaq Stock Exchange on Monday, its first day as a separate and publicly traded company as the firm outlined plans to capitalize on the rise of mobile payments and the growing digitization of money. The payments system company officially split with eBay Inc. on Friday. PayPal CEO Dan Schulman and employees rung in the opening bell on the Nasdaq.

THE ASSOCIATED PRESS



Dan Schulman. COURTESY PAYPAL

ASHLEY MADISON

Cheating website database hacked

A Canadian-owned website for people seeking affairs was recovering from a cyberattack Monday after hackers stole confidential customer information, posted some of it online and threatened to publish all of it unless the company is shut down.

Avid Life Media, which owns Toronto-based cheating site AshleyMadison.com, called the attack an "act of cyberterrorism" and vowed to hold those behind the hack responsible for their actions.

"We apologize for this unprovoked and criminal intrusion into our customers' information," the company said in a statement.

"We have always had the confidentiality of our customers' information foremost in our minds, and have had stringent security measures in place."

Ashley Madison, whose slogan is "Life is short. Have an affair," claims it has more than 37 million members around the world.

While its site appeared to be working normally Monday morning, an online security blog, KrebsOnSecurity.com, posted what appeared to be a

screenshot of the site's home page late Sunday bearing a message from those allegedly behind the hack.

"We are the Impact Team. We have taken over all systems in the entire office and production domains, all customer information databases, source code repositories, financial records, emails," the message said, according to Krebs, before going on to demand that Ashley Madison, as well as another Avid Life Media site — EstablishedMen.com — be shut down.

Whoever hacked the site claimed they did so to expose alleged lies Ashley Madison told customers about a service that allows members to erase profile information for a \$19 fee, Krebs reported.

But Avid Life said the allegations about the "paid-delete" option on Ashley Madison were false.

The company said it was offering its full-delete option free, in light of the cyberattack.

The Ashley Madison breach comes about two months after dating site AdultFriendFinder.com suffered a cyberattack.

THE CANADIAN PRESS

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ROSEMARY WESTWOOD

metroview

We look for laughs from a politician, and politics from a comic

I want to love Amy Schumer. Not just love her, really, more like worship. I could spend all day listening to her crack period and vaginal-discharge jokes. I'd be happy to watch her give a never-ending acceptance speech for a "Woman of the Year" award, lambasting the celebrity beauty standards for women, noting she can "catch a d-k" whenever she wants, and not caring that most men in the audience aren't laughing.

I caught Trainwreck, her new movie (or rather, the baby she made with director Judd Apatow), on the weekend, and I realized that I really do like toilet humour — I'd just never heard it done well by a woman before. The film thus felt groundbreaking, I said afterwards, full of raunchy, off-kilter comedy that's long been the domain of men.

But — and I won't be the first to tell you this — there's a problem with comic-worship.

Schumer is a feminist, yes, but that's not her job. Her job is jokes. (Some people don't even think she's great at that, like those who say she makes racist jokes.) When people tell you Trainwreck wasn't that revolutionary because it has (spoiler alert) a happy monogamous ending, please remind them: It's a Hollywood flick. Get your counterculture somewhere other than a rom-com, people. It's not surprising that the message is

a conforming one — it would be surprising if it weren't.

On the flip side, let's pause for a moment to ponder Donald Trump. The man with the Orange Crush skin and scarlet red tie. The man who knows how to overcome controversy: By adding to it.

First, he makes racist remarks against Mexican immigrants to the U.S. Then he suggests John McCain is a wimp for getting captured in the Vietnam War: "He is a war hero because he was captured. I like people that weren't captured, OK?"

Talk about a punchline. Isn't it great to watch? A crazy billionaire as the top Republican candidate for President of the United States. What could be more entertaining than Trump being taken seriously?

Take the New York Times, which noted his campaign "is built entirely around the instincts and grievances of its unpredictable candidate — and does not rely on a conventional political operation that protects presidential hopefuls from themselves."

Hmmm... tell me more of the "strategy" behind Trump.

To recap: We're looking for laughs from a politician, and politics from a comic. Something is amiss.

Yes, comedy can drive social change. But it's Schumer we should be paying to make us laugh. And politicians — if not Trump — to make us think.

THE BIG THING: FUNCTIONAL FRIENDS

It was a simple experiment that raised complicated questions. Researchers at the Rensselaer Polytechnic Institute disabled the speech of two of three super-smart robots, then asked "Which one of you can speak?" One said, "I don't know," but then, hearing its own voice, backtracked and said, "I know now," thus passing a crucial self-awareness test. But real self-awareness, the kind we need to make and keep friends, takes far more than knowing when you're the only one in the room talking (though that's a good start). Here are the tests Metro would like to run before entrusting any robot — no matter how smart — with our friendship. METRO

1 The talking-to-servers test

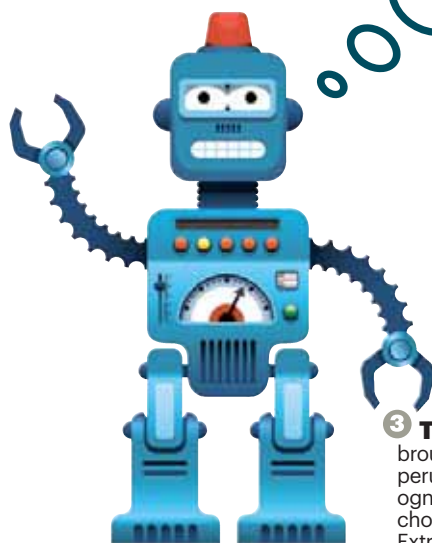
Robots are sent to dinner at a busy sit-down restaurant. Researchers observing from nearby tables attempt to discern in subjects' interactions with staff any evidence that the bots understand how much harder it is to serve than to be served — and that the people who do the job are human beings, not just a bunch of food-dispensing robots.

2 The backpack-on-the-bustest

Robots with bulky backpacks are released onto public-transit during rush hour. Researchers record whether robots remove their backpacks and hold them at their feet, and, whether, when seated, they look up from their phones often enough to notice pregnant, elderly or infirm passengers to whom they should give up their seats.

3 The karaoke test

Robots are brought to a karaoke room and allowed to peruse the song binder. Those who recognize and accept their vocal ranges and choose songs accordingly pass the test. Extra credit to those who choose songs the whole group can enjoy.



Calgary is a model city for pedestrian safety

YOUR RIDE

Jeremy Klaszus



Pretty much anywhere you go, people complain that drivers in their city are exceptionally terrible.

Calgarians who drive, bike and walk have all indulged in this lament — particularly those biking and walking, as they're far more vulnerable to injury or death from cars.

But there's a problem with saying Calgary drivers are horrible to pedestrians: By and large, they aren't.

In fact, Calgary drivers are exceptionally deferential to pedestrians. When we get behind the wheel, we're unusually pedestrian-friendly — at least to people who are crossing the street.

Go to Montreal, Toronto, Vancouver. Walk up to a crosswalk, clearly intending to cross the street.

What happens?

Nine times out of 10, absolutely nothing. Cars won't stop for you. They'll keep blasting through the crosswalk, unless you dare step out and stare somebody down, forcing your way across.

The safer approach is to wait for a gap in traffic to cross, or find the nearest traffic light and cross there instead.

In Calgary — along with the rest of Alberta — it's a different story. You show that you want to cross a street, and drivers generally stop and let you cross.

It's easy to take this for granted.

One person we can thank for this is none other than former premier Ed Stelmach.

When he was infrastructure minister in the early 2000s, his department jacked up the fine for failing to yield to a pedestrian from the \$60 range to more than \$500.

That's a huge increase. By doing this, Stelmach made our cities safer for walking.

As the fine is so steep, people in Alberta actually pay attention to the law requiring motorists to yield to pedestrians.

Other provinces have similar rules on the books, but in many places they're simply disregarded without significant consequence. (In B.C., for example, the fine for failing to yield to a pedestrian is \$167.)

Some Ontario motorists have killed pedestrians — yes, killed — and got away with nothing more than a \$500 fine.

Alberta pedestrians have it good in another regard, too. Drivers here are required to stop at marked and unmarked crosswalks. The same is not true in places like Ontario, where, by law a crossing only counts as a "pedestrian crossover" if it's clearly indicated with road

markings.

In Alberta it doesn't matter if the city hasn't got around to painting white lines on the street or not. If you're crossing at an intersection, drivers must yield — and they generally do.

At Ontario four-way stops, pedestrians are like vehicles under the rules of the road. You need to wait your turn. First come, first served.

But in Alberta, pedestrians arriving at a four-way stop get priority. Cars must defer to you.

The driver-pedestrian relationship will always have challenges and, as in any other city, Calgary has its share of terrible drivers.

But comparatively speaking, we have it good when we cross the street on foot.

Jeremy Klaszus is a freelance journalist and stay-at-home dad. He tweets at @klaszus.

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by Jason Logan





Taylor Swift tops Canada's music charts with most singles sold so far in 2015. GETTY IMAGES

Taylor top-selling artist in Canada

MUSIC Mid-year sales report puts Swift's 1989 and Sheeran's x neck and neck

Midway through 2015, good friends Taylor Swift and Ed Sheeran were locked in a tight race for the top-selling album in Canada.

According to Nielsen Entertainment's mid-year Canadian report, either Swift's blockbuster 1989 or Sheeran's *x* has the slight edge in sales so far this year.

If looking purely at album sales, the 24-year-old Sheeran has sold 117,000 copies of his sophomore album to Swift's 111,000.

But the unassailable Swift claims the edge over the ginger Brit when track-equivalent album sales are factored in: 172,000 to 170,000.

Sheeran, who steered a headline-grabbing Canadian tour before hosting last month's MMVAs, has the biggest single hit of the two of them with *Thinking Out Loud*. It's second only to the

+ FRIDAY RELEASE

Record industry decides to drop albums on Fridays

As of last week, the music industry initiated a worldwide shift toward pushing out almost all new albums on Fridays, upending the previous North American standard of Tuesday releases.

Industry execs are touting a globally synchronized release date as a tonic for piracy, an opportunity for internationally co-ordinated marketing and a chance to stimulate sales with free-spirited weekend whimsy.

Nielsen Entertainment's senior vice-president of industry insights David Bakula says that until a blockbuster release is issued on a Friday, it will be tough to fairly

analyze the impact the shift will have. However, Bakula notes that release dates seem to hold less weight in the digital age.

And until there's evidence of the Friday shift's effect on sales, it's difficult to find a musician who will admit to caring.

Mac DeMarco's upcoming EP *Another One* will be released on Aug. 7, which is a Friday. When asked about it, the Edmonton native dismissively referred to the move as "some big industry plan."

"Tuesday, Friday, what's the difference?" asked the Juno-nominated artist. "To me, I don't even know what day of the week it is."

THE CANADIAN PRESS

Ultimately, both artists sold roughly 101,000 copies when track-equivalent album sales are factored into the equation.

It's also been quite the year for the Weeknd.

The Toronto R&B singer, otherwise known as Abel Tesfaye, snuck his single *Earned It* into the Top 10 in radio play and on-demand audio streams, and the album from which it was culled — the steamy soundtrack to *Fifty Shades of Grey* — took the third spot on the album chart.

Overall, total digital music sales (including single tracks and albums) increased 3.2 per cent compared to this time last year, Nielsen reported, while CD sales fell nearly nine per cent. Vinyl sales, though clearly a much smaller part of the market, leapt up 40 per cent.

Streaming volume also increased dramatically in Canada, to 10.5 billion total audio and video streams in the first half of the year.

"The biggest story of the year continues to be the growth of streaming," said David Bakula, Nielsen's senior vice-president of industry insights.

"Streaming is becoming the primary choice of consumption for many music fans." THE CANADIAN PRESS

INTERVIEW

Neon Trees frontman gets frank

EMILY LAURENCE
Metro in New York

Neon Trees shot up the charts in 2012 with their party-ready songs *Animal* and *Everybody Talks*, but the tracks on their most recent album *Pop Psychology* are a bit more melancholy.

The band's new single *Songs I Can't Listen To* is about a breakup, but not of the romantic variety.

"My best friend of nine years said she was getting married

and didn't think we could be friends anymore," Glenn tells us. "It broke my heart in a way that's different from a romantic relationship."

While he says the two haven't spoken since the sad talk, he did just receive an invite to her wedding, though he hasn't decided if he's going to go or not.

Though the song is all about a friend breakup, the music video is about a gay romantic relationship, noteworthy since Glenn, 31, just came out last year, in an interview with *Roll-*

ing Stone.

"I totally forgot it would be something people would comment on," Glenn says of the same sex relationship in the video. "It wasn't meant to be click bait or shocking."

Glenn wasn't out when he was working on *Pop Psychology*, but the songs reflect experiences he had as a gay man.

"Sleeping With A Friend is about a guy who is straight and married to a woman," Glenn tells us. "So that's kind of awkward for him."

Glenn says that he will be

talking even more about personal relationships on the next Neon Trees album.

"Half of my life in my 20s was a secret, so now I'm way honest to a fault and having a good time because I can," he says.

He says fans can expect the band's new songs to be happier, since he's in a good place right now. "I usually feed off of being heartbroken or a negative situation."

"It's been interesting writing more when someone good is in your life."



Tyler Glenn came out as gay in a 2014 Rolling Stone interview. Since then, he says, his songwriting has become more personal. THE ASSOCIATED PRESS

BEAUTY AND THE BEAST

Emma kidnap plot was a hoax

The world is not such a sad and dark place as previously thought, as a rumoured plot to abduct Emma Watson from the set of *Beauty and the Beast* turns out to be totally made up. A taxi driver near the London area film set claims to have overheard two studio employees discussing plans to make off with the actress — and really, can you blame them? Anyway! “There was a concern about her safety,” a source says, but apparently it didn’t last very long.



A spokesman for the film tells *Vogue* U.K., “The story was looked into by production and found to be unsubstantiated and untrue.” Well, that’s a relief.
NED EHRBAR/
METRO IN
HOLLYWOOD

Man From U.N.C.L.E.’s women

LATEST GUY RITCHIE CAPER

Alicia Vikander and Elizabeth Debicki join cast of actioner

You might say Alicia Vikander and Elizabeth Debicki danced their way into *The Man From U.N.C.L.E.*

Both are former ballerinas who drew on dance backgrounds for their roles in Guy Ritchie’s latest action romp.

“I know I used it when I was creating my character,” Debicki said. “She’s a villain, but I always had this idea that she sort of almost floated.”

Vikander, 26, and Debicki, 24, star alongside Henry Cavill and Armie Hammer in *The Man From U.N.C.L.E.*, Ritchie’s slick take on the beloved 1960s TV series. Vikander is a feisty car mechanic who gets caught up in a caper with a CIA agent Napoleon Solo (Cavill) and KGB operative Illya Kuryakin (Hammer). Debicki is the villainess they’re trying to take down.

Both actresses said Ritchie’s film set was a collaborative and relaxed environment,



Henry Cavill, left, Elizabeth Debicki, Armie Hammer and Alicia Vikander. ALL PHOTOS: GETTY IMAGES

though Debicki is convinced “Guy’s brain works at a different pace (than) most human beings’.”

She and Vikander were both

surprised by the final film.

“He cut it in a way that only Guy can, and he added a soundtrack that only Guy could imagine,” the French-

born Debicki said. “So we both had the same experience when we watched the film, like, ‘Oh, that was what we made.’”

The actresses made their

first trip to Comic-Con in San Diego earlier this month to promote the film and Vikander was taken by the enthusiastic fandom.

“That’s what I love about this place!” said the actress, who was born in Sweden. “Because everyone is the sweetest. Everyone is walking around with smiles on their faces, and so passionate. Dedicated fans. It’s really amazing being here and seeing that.”

Asked what kind of convention might lure her across the world, Vikander laughed.

“I’m such a nerd when it comes to interiors, so I would probably go and look at chairs in another country,” she said. “But I don’t think that a chair convention would be with as much passionate people as Comic-Con.”

“I’d be at the refrigerator convention,” Debicki joked. “Coming from a dance background, I would probably travel out really far and wide to see a company I really wanted to see. If Pina Bausch’s company were in a forest somewhere...”

“I’m there!” Vikander said.

The film opens Aug. 14.
THE ASSOCIATED PRESS

SPONSORED CONTENT

Clover Living is for independent and supported lifestyles

Boasting an excellent downtown location, competitive pricing and a busy-slate of cross-cultural activities, it’s no wonder Clover Living calls itself the best-kept secret in Calgary.

Located in the city’s bustling Chinatown, Clover Living offers independent living for adults of any age and supportive living for seniors 55-plus. The 129 bachelor and one-bedroom suites are set along the beautiful

Sien Lok Park and Bow River.

Clover Living is open to all those looking to ‘age in place.’ The comfortable suites range from 360 to 550 square feet, and while those living in supportive living units have access to housekeeping services, dietician-approved Western and Chinese meals, laundry and more, the self-catering, independent suites provide the freedom of full kitchens (with

the option to purchase extra services).

Clover Living director of operations Grace Su said an abundance of activities makes Clover Living feel like a home, where residents get to know one another over exercise, cooking classes, arts and crafts, games, and field trips.

“The setting and nearby walkways are perfect for a stroll. There’s a chapel, beauty

salon, exercise room, and conference and activity rooms as part of our amenities.

And our 24/7 emergency call bell and front desk services give residents peace of mind,” said Su. “We have a well-maintained, clean, quiet and welcoming facility, that is smoke, alcohol, and pet-free. We want residents and their families to feel reassured that their loved ones are secure, active and engaged.”

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EXERCISE PARTNERS

App pairs you up to get fit

Working out with a friend is a proven way to actually get up off your butt. Making a commitment to each other gives you both a reason to get out of bed, skip the office doughnuts and even use the workout as a chance to strengthen your bond.

The problem is that life happens, leaving you with an apologetic text message while stretching for a five-mile run that suddenly seems a lot longer and lonelier without your workout buddy by your side.

Enter Jaha (the name means “chase”), a new app that makes exercise a more social experience. Your profile goes beyond a standard bio to include fitness-focused stats like stride length, as well as a description of the workout you’re looking to partner up for, whether it’s running, tennis, cycling or something else. Then, by swiping right or left à la Tinder, you can find a fitness partner.

Jaha has a built-in step counter, which it uses to fine-tune matches based on fitness level. Keep track of your progress and challenge others through the app to spur you on — even if you can’t find a partner in real life that day, there’s a community of users to keep you motivated.

With Jaha, you’ll never have an excuse for not working out because you got stood up. We’re sorry/you’re welcome.

EVA KISS/
METRO NEW YORK

CONTRIBUTED

Three things guys are doing wrong at the gym

HOLD IT! YOU’RE EXERCISING WRONG

Everything you think you know about working out is probably wrong, dude

Matthew Lee
Metro in New York City

Look, man, I’m going to be straight up with you: You’re likely doing it wrong at the gym. Take it from me, someone who until pretty recently (last month) didn’t know anything (okay, I knew a little) about working out at the gym.

What changed?

I met with Edward Jackowski: personal trainer, founder of Exude fitness in New York City, and author of seven books

including Hold It! You’re Exercising Wrong. Jackowski, who is a master at what he does, examined me with a single look and explained what workout routine I should be doing based on my body type.

When I explained my current workout routine to Jackowski — a mix of exercises I discovered online and through word of mouth — he told me I was doing everything wrong and that I wasn’t alone.

Here are the three most important things I learned to do at the gym (everything you’re not doing).

1. FORGETTING ABOUT THEIR CORE

Most men do only two things in the gym: lift weights to bulk up their arms and chest, and intimidate me. This is because men, and humans in general, like to do what they’re good at (especially intimidating me).

What they often leave out of their work out is their core, which Jackowski describes as your lower abdomen, upper legs and groin. It’s a region most men leave out of their routine.

“Men are good with the crunches, but they’re not good with the lower abs,” Jackowski told me. It’s not just that, however: Men often leave this area as the last part of their routine, or dump it altogether.

“When you work out and you save your abs for the last part of your workout, because you lifted so many weights at the end, you lose motivation because you’re tired.” And that often leads to an incomplete set, or skipping them altogether, Jackowski explained.

The lesson? Do your core workout immediately after you stretch. Core workouts suck, but it’s best to get the worst out of the way first.

2. NOT STRETCHING

More often than not, men aren’t stretching at the gym. If they are stretching, there is a decent chance that they’re not doing it at the right time. Jackowski explained to me that the best order of operations for exercise isn’t to stretch before working out, but to stretch after a proper warm-up.

“By warming up and stretching, you are asking your body for permission: ‘May I be aggressive with it?’” Jackowski explained, which is also a great way to avoid injury or strain to your body.

A warm-up can be any mild exercise that gets you nice and lubricated with sweat. Whether it’s pedalling on a bike, or jogging on a treadmill until you feel like a human Slip ‘N Slide, after seven minutes, you’ll be warmed up and ready for a good stretch.



3. LIFTING TOO MUCH WEIGHT

One of the most intimidating aspects of the gym is the presence of all the gorilla bros lifting small school buses over and over and spewing testosterone like it’s no one’s business.

But does your fitness routine really require you to lift your first grade class’s collective body weight over and over again?

“The reality of the situation is that we don’t need to be lifting that much weight to receive the benefit,” Jackowski told me, which was a relief for my toothpick arms and weak work ethic.

What Jackowski explained to me is that higher reps with a more moderate amount of weight will help you both burn calories as well as tone the muscles in your body. So if your goal is to look not-hideous when you take your shirt off (that is everyone’s goal), then this is honestly the route to take.

HEALTH

Plain packaging for cigarettes gets a boost

Ministers from 10 countries gathered in Paris Monday to launch a common drive to introduce plain cigarette packaging with the aim of stubbing out high smoking rates among young people.

Representatives from nations as far afield as New Zealand, Australia, South Africa and Uruguay issued a joint statement saying that “significant scientific proof justified ... plain cigarette packaging.”

The ministers said plain packaging had been shown to “reduce the attractiveness of the product for consumers, especial-

ly amongst women and young people” as well as increase the effectiveness of health warnings on packets.

Hosting the conference, French Health Minister Marisol Touraine said the aim was “a world without tobacco” and that “the generation that is born today should be a generation without tobacco.”

According to the World Health Organization, one

person currently dies every six seconds due to tobacco — nearly six million people each year.

“My target, with plain packaging, is not long-term smokers but preventing young people from starting to smoke and for these people the plain packaging has an impact,” said the minister.

Several countries have recently passed legislation to introduce plain cigarette

packaging — laws that have met with fierce opposition from the powerful tobacco lobby.

Australia was the first to introduce plain packaging legislation in 2012 with Ireland, France and Britain following shortly afterwards.

Britain and France are poised to introduce plain packaging from next year.

Several countries have recently passed legislation to introduce plain cigarette packaging — laws that have met with fierce opposition from the powerful tobacco lobby. AFP



ISTOCK

CHARITY

Ice Bucket Challenge donations fuel research

On the one-year anniversary of the Ice Bucket Challenge, Project ALS has announced that 100 per cent of donations raised through the social media phenomenon have now been used toward research.

The challenge called on social media users to post a video in which they dumped a bucket of ice water on themselves, then chose three friends to either do the same or make a donation. Over a six-week period last summer,

millions — including Justin Timberlake, Bill Gates and Cristiano Ronaldo — posted videos and over \$220 million in donations were generated, says Project ALS which now reveals those donations have been spent on research.

Among them: scientists are testing a hypothesis that lipids may provide a reliable biomarker for the disease, and new studies point to four cellular pathways involved in neuroinflammation that could potentially be targeted with drugs in order to slow the disease. AFP



Zach Johnson celebrates winning the British Open with members of the public in St. Andrews, Scotland, Monday. JON SUPER/THE ASSOCIATED PRESS

Zach goes on attack in playoff

BRITISH OPEN

Johnson wins claret jug, Spieth finishes tied for fourth

Jordan Spieth's spirited bid for a Grand Slam was stopped Monday by Zach Johnson, who is no longer just a normal guy from Iowa.

Not with a claret jug to go with that green jacket.

Johnson captured his second major — this one at the home of golf — winning the British Open in a playoff over Louis Oosthuizen and Marc Leishman that capped off five wild days at St. Andrews and a suspense-filled final round.

Most eyes were on 21-year-old Spieth. No one ever came

closer to the third leg of the Grand Slam.

Spieth fought back from taking four putts for a double bogey on No. 8 with back-to-back birdies. He rolled in a 50-foot birdie putt for a share of the lead with two holes to play. After missing an eight-foot par putt on the 17th hole, he needed a birdie on the closing hole to join the playoff.

"Up and down for a playoff," was the last thing Spieth said to caddie Michael Greller from about 90 yards away. It was too far right and rolled to the edge of the Valley of Sin

short of the green, and his birdie attempt up the slope stayed inches left of the cup.

"We gave it a great effort," Spieth said.

He joined Arnold Palmer, Jack Nicklaus and Tiger Woods —

the three biggest names in golf over the last half-century — as the only players to capture the Masters and U.S. Open, only to come up short in a quest for the holy grail in golf — all four professional majors in the same year.

12

Johnson now has two majors among his 12 PGA Tour wins

Johnson won the Masters in 2007 and described himself as just a normal guy from Cedar Rapids, Iowa.

Not any more.

The 39-year-old Johnson now has two majors among his 12 PGA Tour victories, an astounding record and an example that a good wedge game and putter can still go a long way in this era of the long ball. Johnson was in tears when he was interviewed off the green, and he cradled the jug after his acceptance speech.

"I'm grateful. I'm humbled. I'm honoured," Johnson said. "This is the birthplace of the game, and that jug means so much in sports."

On a tense afternoon of shadows and showers on the Old

Course, Johnson closed with a 6-under 66 by holing a 30-foot birdie putt on the 18th hole in regulation, and caddie Damon Green strutted and flapped his arms in his celebratory chicken dance.

It was the first British Open playoff since Stewart Cink beat Tom Watson at Turnberry in 2009, and the first involving more than two players since 2002 at Muirfield, the year Woods failed in his bid for the third leg of the slam.

Oosthuizen was a runner-up for the second straight major. He was one shot behind Spieth in the U.S. Open at Chambers Bay.

THE ASSOCIATED PRESS

+ TOP AMATEUR

Jordan Niebrugge had an outside shot at the silver claret jug. He was more than happy to leave St. Andrews with a silver medal.

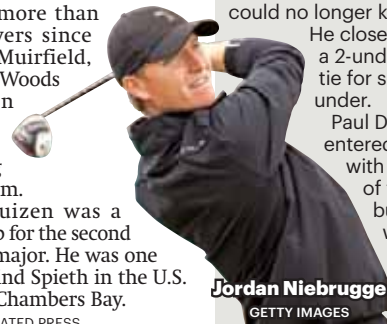
Niebrugge pulled within three shots of the lead on the back nine until he could no longer keep up.

He closed with a 2-under 70 to tie for sixth at 11 under.

Paul Dunne entered Monday with a share of the lead but closed with a 78 to tie for 30th.



Jordan Spieth
GETTY IMAGES



Jordan Niebrugge
GETTY IMAGES

Healthier than ever with help from Nurse



Canada's Nirra Fields, pictured, and Kia Nurse helped lead Canada to the gold medal on Monday night in Toronto.

JULIO CORTEZ/THE ASSOCIATED PRESS

PAN AM 2015

Star guard helps Canada Basketball to first-ever gold

There were two training camps in Edmonton sandwiched around a six-game exhibition tour of Europe to prepare the Canadian women for Monday night's historic moment, and as she watched it all unfold — the biggest game on home soil in years — Bev Smith looked on in amazement.

Now an assistant to head coach Lisa Thomaidis, a former national team head coach herself and an iconic figure in Canadian basketball history, Smith knows firsthand the difficult journey that culminated in a gold-medal performance at the Pan Am Games.

Sparked by guard Kia Nurse, who had a game-high 33 points, Canada stormed back to beat the United States 81-73 at a sold-out Ryerson Athletic Centre in downtown Toronto to win the first gold medal ever for the senior program.

The gifted backcourt of Nurse and Nirra Fields, fuelled by at times stifling defence that allowed them to move in transition, led Canada to the win.

Nurse, a University of Connecticut freshman playing against teammates Breanna Stewart and Moriah Jefferson, quelled a pair of late U.S. rallies with crucial baskets.

And when she had to leave after a nasty head-to-head collision with Jefferson, Fields took over with a quick basket.

Canada's best Pan Am finish was a silver medal at the 1999

MONDAY Gold-medal

81 73
CANADA U.S.

Winnipeg Games. Their best world championship was third in 1987, a team that Smith anchored.

"We struggled when I was both playing and coaching and I really think that outside of hockey, our country has a hard time — and maybe the powers that be had a hard time — understanding team sports, the development of team sports and the chemistry that's so important in team sports," said Smith, who returned to the senior team coaching staff in 2013.

"It was really hard to develop that when you have a 10-day training camp and the rest of the world is training for 30 days and has 19 games. When I was coaching in the Sydney Olympics, Stacey Dales and Tammy Sutton-Brown, who were 19, had six international games and Lauren Jackson, who was 19, had over 70. It was mission impossible."

"I really take my hat off to Canada Basketball and actually all team sports in Canada who got together and said, look, we need another way to evaluate and develop our team sports outside of hockey."

The development of the women's program has been nothing short of amazing. They went years without being a factor either in the Americas or globally until they found the resources and the will to match what other countries were doing. TORSTAR NEWS SERVICE



GREGORY BULL/THE ASSOCIATED PRESS

Games at a glance

Around Toronto. Patricia Bezzoubenko, of Thornhill, Ont., clockwise from top, won a silver medal in rhythmic gymnastics with a score of 15.933. Canada's women's handball team (0-2-1) tied Puerto Rico 21-21 in its last preliminary-round game. The Canadians finished tied for third in group A. Jason McClintock of Cambridge, Ont., finished tied for fourth with a result of 3.50/58/11.25 and qualified for the water-skiing final. Maxime Potvin took home silver after losing 6-3 to Saullater Gutierrez in the men's 68 kg taekwondo gold-medal match Monday. Go to metronews.ca for more results.



MARTA IWANEK/TORSTAR NEWS SERVICE



CHRIS YOUNG/THE CANADIAN PRESS

TRACK AND FIELD

Ready to rock out of the blocks Tuesday



Andre De Grasse will look to build off a productive NCAA track career at the Pan Am Games. GEOFF ROBINS/AFP/GETTY IMAGES

It is seldom that Canada's track and field athletes get to show their stuff in front of appreciative home audiences and they seem poised to announce their Pan Am Games presence with authority.

The Games meet kicks off Tuesday morning at York University and Canada could begin racking up medals right off the bat.

Women's javelin tosser Liz Gleadle, men's pole vaulter Shawn Barber and women's 5,000-metre ace Jessica O'Connell headline the opening morning

session of the five-day meet that is one of the marquee attractions of the Games.

And the newest track star seemingly destined for greatness, sprint sensation Andre De Grasse runs his 100-metre heat.

The Americans have sent very much a 'B' team to Toronto, holding back their best for the worlds while other Pan Am countries aren't likely able to match Canada's depth.

So Tuesday morning could be a prime example of Canada's overall talent coming to the fore.

TORSTAR NEWS SERVICE



MARK BLINCH/THE CANADIAN PRESS

Tour leader's teammate crashes on final descent

CYCLING

Chris Froome set to battle challengers in the Alps

Two bright-yellow Tour de France arrows attached to a telephone pole were telling Geraint Thomas to veer sharp right.

He rode straight into them.

Roadside spectators on the hairpin bend both froze and scattered as the burly Welshman barrelled toward them. Braking frantically, one shoe unclipped from his pedals, the right-hand man for race leader Chris Froome tried to shave off speed.

No joy.

A spectator's folded plastic chair flew as the racer for Team Sky careened into the pole, shoulder and helmeted-head first. Thomas bounced off it like a tossed rag doll and disappeared over a drop-off into a dark thicket of woods.

At least he finished Stage 16 with his sense of humour intact. Asked if he still remembered his name, Thomas jokingly replied: "Chris Froome."

Had it really been race leader Froome, not Thomas, who



Great Britain's Christopher Froome, wearing the overall leader's yellow jersey, rides in the pack during the 183-kilometre 15th stage of the 102nd Tour de France on Monday between Mende and Valence in southern France. ERIC FEFERBERG/AFP/GETTY IMAGES

crashed on the stage's hair-raising final descent in the foothills of the Alps, their Team Sky bosses wouldn't have seen the funny side.

Surviving the tortuous downhill bends raced at speeds of 70 km/h or more with his body and race lead still in one piece means that Froome now only has four days of climbing to get through before the British rider sips a flute of champagne Sunday on the Champs-Élysées.

Outwitting Peter Sagan, who took heart-in-the-mouth risks on the descent, Spanish rider Ruben Plaza Molina rode triumphantly into the finish at Gap as the solo

I'm sure it will take more than a knock to the head to keep him out. He's Welsh. People from Wales are tough. Team Sky manager Dave Brailsford

winner. Crossing the line, Plaza sucked his right thumb as a wink to his young son.

The Lampre-Merida rider reached the top of the stage's last climb with about a minute's lead on Sagan, who rides for Tinkoff-Saxo.

As they both sped down, with Sagan gaining, Plaza's team kept him updated on the time-gap via his earpiece radio.

battle in the Alps after a rest day on Tuesday.

Victoria's Ryder Hesjedal was in 71st place, over an hour and 40 minutes behind Froome. Langley, B.C., native Svein Tuft was 167th.

Sagan beat his heart several times as he crossed the line 30 seconds behind Plaza. Sagan said he copied the chest-thump from the Leonardo DiCaprio movie, *The Wolf of Wall Street*. The Slovak has been a wolf on the road, constantly hunting for wins — so far without success. This was his fifth second place at this Tour.

Thomas's crash wasn't his fault. French rider Warren Barguil tried cutting the bend and collided with the Welshman, sending him on to his close encounter with the telephone pole.

The Giant-Alpecin rider was apologetic. He said he had wanted to brake but his finger slipped.

"I was very frightened," Barguil said. "I didn't do it on purpose."

Having clambered out of the bushes, Thomas remounted his bike.

"Then the mechanic came with the other one, so I jumped on that," he said. "Probably wasted a few seconds."

To be exact, 38 seconds. That's how much time he lost on the stage to Froome and other podium contenders. Froome understandably didn't hang around to see if his teammate was OK. Froome, after all, has a Tour to win, while Thomas is just his support rider.

Still, the crash is a setback to Thomas' chances of joining Froome on the podium in Paris. At the start of the stage, Thomas was 4 minutes and 54 seconds behind his Team Sky leader. Now he is 5:32 back, still in sixth place overall.

THE ASSOCIATED PRESS

FIFA

Blatter to remain prez until February

Sepp Blatter had a good day at the office on Monday, even if a prankster tried to spoil it by showering the FIFA president with fake dollar bills at a news conference.

Nothing could spoil Blatter's day after he outwitted some of his FIFA opponents to earn precious extra time as their president and enjoy more such days in 2016.

Mastering FIFA politics yet again, amid calls to step down immediately, Blatter is set to stay atop world soccer for seven more months after FIFA agreed Monday on a Feb. 26 election to replace him. Blatter was in such a



Sepp Blatter

GETTY IMAGES

good and defiant mood that he quickly shrugged off a chaotic start to his first major public appearance since a stunning resignation statement last month.

A British comedian who gatecrashed the news conference at FIFA's headquarters threw the fake bills in the air after making a spoof statement about supporting North Korea to host the 2026 World Cup.

The image of Blatter cowering under a spray of money was powerful amid ongoing American and Swiss federal investigations of FIFA corruption, yet he regained his poise.

"I just called my late mother," he quipped on returning to the room minutes later, "and she said, 'Don't worry, it's just a lack of education.'"

Still, it made for an uneasy start with international networks and FIFA's own YouTube channel broadcasting the news conference live.

"Where is my security?" Blatter had shouted.

The interruption provided an awkward reminder of a far more serious incident for FIFA in May, when the arrest of soccer and sports marketing officials plunged the game's ruling body into its deepest crisis.

Jolted by the dual criminal investigations into bribery and money laundering, Blatter announced four days after being elected for a fifth term that he would leave FIFA.

"It was not only the pressure of any authorities ... it was also the pressure of political interference and also the pressure of you, media," said Blatter, who is a target of the U.S. investigation.

THE ASSOCIATED PRESS

+ CLOSEST RIVAL

Froome's closest rival remains Nairo Quintana, trailing by 3:10. Last year's champion, Vincenzo Nibali, clawed back a few seconds by riding away from Froome's group on the last climb. But the Italian is still 7:49 off the lead, in eighth place.

NHL

Quebecor enters bid for expansion team

Quebecor Inc. has entered the running for an NHL expansion team.

The media company wrote on its Twitter account that it submitted its "candidacy for the NHL expansion process in order to bring the Nordiques back to Quebec City."

The NHL announced last month it was opening the formal expansion

process. The application process began July 6, with the first stage lasting until Monday. Quebec City has not had an NHL team since the Nordiques left became the Colorado Avalanche in 1995.

Quebecor is among several groups that has expressed interest in an expansion franchise, along with Las Vegas, Seattle and others. THE CANADIAN PRESS

2017-18

The NHL has said the earliest any expansion would happen is the 2017-18 season.

IN BRIEF

Predators sign forward Craig Smith to \$21M deal

The Nashville Predators have avoided arbitration with Craig Smith by signing the forward to a \$21.25 million, five-year contract.

General manager David Poile announced the deal with the restricted free agent on Monday.

Smith, 25, has scored at least 20 goals in two straight seasons. He had five points in six games in Nashville's first-round playoff loss to Chicago.

THE ASSOCIATED PRESS

NHL

Oilers ceremony to honour Glen Sather

The Edmonton Oilers will raise a banner at Rexall Place to honour former coach, general manager and executive Glen Sather.

The ceremony will take place Dec. 11 before a game versus the New York Rangers. Sather, who coached the Oilers to four Stanley Cup championships, is currently the Rangers president.

Sather will become the ninth Oiler to be honoured with a banner, joining Al Hamilton, Wayne Gretzky, Jari Kurri, Grant Fuhr, Paul Coffey, Mark Messier, Glenn



Glen Sather

GETTY IMAGES

(1984-88) and a fifth in 1990 as the team's president and general manager. THE CANADIAN PRESS

Anderson and longtime radio broadcaster Rod Phillips.

Sather was inducted into the Hockey Hall of Fame in 1997. He won four Stanley Cups as the Oilers head coach

RECIPE Tomato, Avocado, Crouton and Parmesan Crisp Salad



EAT LIGHT AT HOME

Rose Reisman

rosereisman.com

@rosereisman

Ready in

Prep time: 15 minutes

Serves 6

Ingredients

- 1 cup freshly grated Parmesan cheese (4 oz)
- 4 slices French baguette (1/2-inch thickness), cut into cubes
- 1 Tbsp grated Parmesan cheese
- Salt and pepper
- 4 cups cherry or grape tomatoes, sliced in half
- 1/2 cup diced ripe avocado
- 2 Tbsp lemon juice
- 2 Tbsp olive oil
- 1 tsp Dijon mustard
- 1/2 tsp minced garlic
- 3 Tbsp chopped basil

Directions

1. To make the Parmesan crisps: Preheat the oven to 375 F. Line a baking sheet with parchment paper. With a 1 Tbsp measuring spoon, place the cheese on a baking sheet, making 12 rounds. Bake for eight minutes.

2. At the same time, place baguette cubes on small baking sheet lined with foil. Spray with vegetable oil and sprinkle with 1 Tbsp Parmesan cheese and salt and pepper. Bake for eight minutes or until toasted.

3. Place tomatoes and avocado on serving platter. Combine ingredients for dressing and pour over top. Garnish with baguette croutons and Parmesan crisps.

Nutrition per serving

- Calories 180
- Carbohydrates 4 g
- Total fat 12 g
- Sodium 350 mg

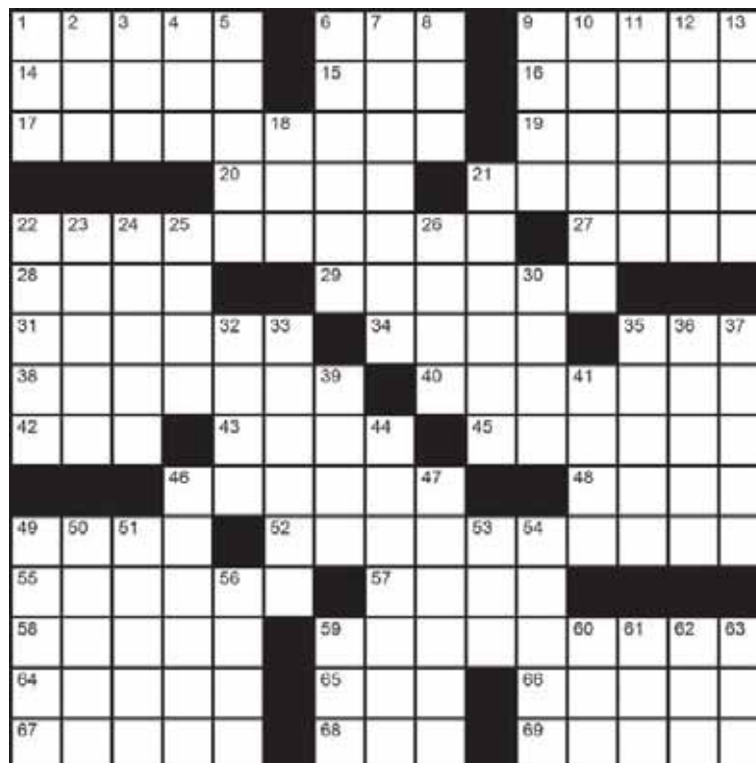
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Earthquake! San Andreas _
- Owl's question?
- White-plumed heron
- Spelled-out "Star Wars" (1977) character, _-Detoo
- Diving bird
- Sincerely
- Musee des _- de Montreal
- Preps teeth for fillings
- "Canadian _" (Talent show Ben Mulroney hosted)
- Gilligan's building material on the Island
- 1979 Rupert Holmes hit: "Escape (The _ _ Song)"
- History Channel's " _ Stars"
- Adam and Eve's grandson
- Harps on
- Even though
- _ _ date (Book the chapel)
- "Violin" suffix
- _ Park (Amusement park near Calgary)
- Pepper stuffed into an olive
- Iris locale
- Expanse
- Milk container
- Lord's Prayer part: "... _ _ in heaven."
- Cast- _ pan
- Glow
- Emergency exit stairway: 2 wds.
- Immerse
- Move like a river



- Rome's home
- _ Museum (Heritage attraction in Winnipeg which was the home of Sir Hugh John Macdonald (son of our first Prime Minister) who was briefly the Premier of Manitoba)

- "When pigs fly!"
- Miner's find
- Kitchen gadget
- The Shopping Channel host Ms. Culliford
- Mal de _ (Seasickness)
- Impulsive

DOWN

- The _ Four (The Beatles)
- Queen's "We _ the Champions"
- Stage actress Ms. Hagen
- Mr. Diamond Phillips
- Britney Spears hit

- "Ghostbusters" (1984) star Mr. Ramis
- Wanted Poster fugitives
- Sanctions
- Sicilian volcano
- Grouches
- Dance style
- _ macaroni

- Model/actor Mr. Beckford
- Brouhaha
- Sea in Europe; or, Monopoly board avenue
- Alberta's _ River
- Mosaic component
- Aristocratic
- "...or to take arms against _ _ of troubles..." - Hamlet
- Shallow's opposite
- The Dalai _
- Stevie Wonder's " _ Made to Love Her"
- Duty
- The 'I' in IV
- Brownstone stairway
- Large weight unit
- Himalayas hairy humanoid
- Country singer Mr. Church
- Price paid by a plane's passenger
- Protector-from-harm charm
- Vendor
- Human _
- Door sign
- Tequila plant source
- Long time
- _ of fabric
- Constellation for the star Vega
- Suffix with 'Free'
- Canadian choo-choo company
- First aid team, e.g.
- Soak flax
- Blue Rodeo hit

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
There is a danger today that you will convince yourself that you can master something that does not come easy to you. It won't do much for your ego if and when it goes wrong.

Taurus April 21 - May 21
Your confidence may be sky-high but you are advised not to take too much for granted. What you gain over the next 24 hours could easily be lost through over-confidence later.

Gemini May 22 - June 21
If you are going to criticize someone today make sure you stick to the facts. If you exaggerate your complaints they will, quite rightly, complain that you are getting personal. It might be best to say nothing at all.

Cancer June 22 - July 23
You need to keep things simple over the next few days. Some things are important but most things are not, so go easy on yourself.

Leo July 24 - Aug. 23
You will need to keep your wits about you today, especially when dealing with money. It is unlikely that anyone is trying to cheat you intentionally but you cannot be too careful.

Virgo Aug. 24 - Sept. 23
If you tackle problems one at a time today you will get through the day with no trouble at all. But if you tackle them all in one go you will confuse yourself to such an extent that nothing worth doing is likely to get finished.

Libra Sept. 24 - Oct. 23
You are entitled to your beliefs and opinions. You are certainly under no obligation to submit to cross examination from people whose perspective on life is the opposite of your own.

Scorpio Oct. 24 - Nov. 22
Let your thoughts roam free today. If there are no limits to what you can imagine there will be no limits to what you can achieve, creatively or romantically. What is possible? Anything.

Sagittarius Nov. 23 - Dec. 21
Whatever challenges you face over the next few days you will tackle with ease. Your confidence is so high that even those above you on the ladder of success will ask you for advice.

Capricorn Dec. 22 - Jan. 20
You may be on a tight schedule but you still need to make time for people who depend on you for support. What you do for them now they will do for you tenfold in the future.

Aquarius Jan. 21 - Feb. 19
Don't be afraid to voice your point of view, even if it is seriously at odds with what majority opinion believes. It's not about quantity, it's about quality, and your arguments are on a much higher level than most.

Pisces Feb. 20 - March 20
Someone you are fond of will please you today but someone else will annoy you. Your mood will depend on how you choose to react.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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